



Rhode Island Behavioral Risk Factor Surveillance System (BRFSS)



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What is the BRFSS?

CROSS-SECTIONAL RANDOM DIGIT DIALED TELEPHONE SURVEY THAT TRACKS ADULT HEALTH RISKS IN THE US AND RI

- Sponsored by the Centers for Disease Control and Prevention (CDC) and conducted by all states, the District of Columbia, and 4 US territories.
- States use standard procedures to collect data through telephone interviews with adults aged 18 years or older; Data are weighted by CDC; Reported annually.
- Interviews are conducted among English and Spanish speaking adults who live in a private residence or college housing with a cell phone or land line telephone.
- RI contracts with survey vendor, ICF International; interviews are conducted 7 days a week, 52 weeks a year.

Content of the Questionnaire

STANDARDIZED TO ALLOW FOR COMPARISONS; FLEXIBLE TO MEET RI NEEDS

Part I. CORE QUESTIONNAIRE

- Questions asked by all states each year, or in alternating years.
- Some remain constant, such as demographics, or those needed to monitor trends for major risk factors (e.g., *health status, chronic conditions, smoking, height and weight, physical activity, flu vaccination, health insurance coverage, seat belt use*).
- Some change in response to emergent health issues (e.g., *e- cigarette, family planning*).

Part II. OPTIONAL MODULES

- Questions developed and tested by CDC and the states on selected topics (e.g., *arthritis management, social context, emotional support and life satisfaction*).
- States can choose to add one or more optional modules each year.

Part III. STATE ADDED QUESTIONS

- Questions developed by states to meet state specific needs (e.g., *tobacco control, emergency preparedness, marijuana use*)

Sample Size by Survey Year, 2013-2018

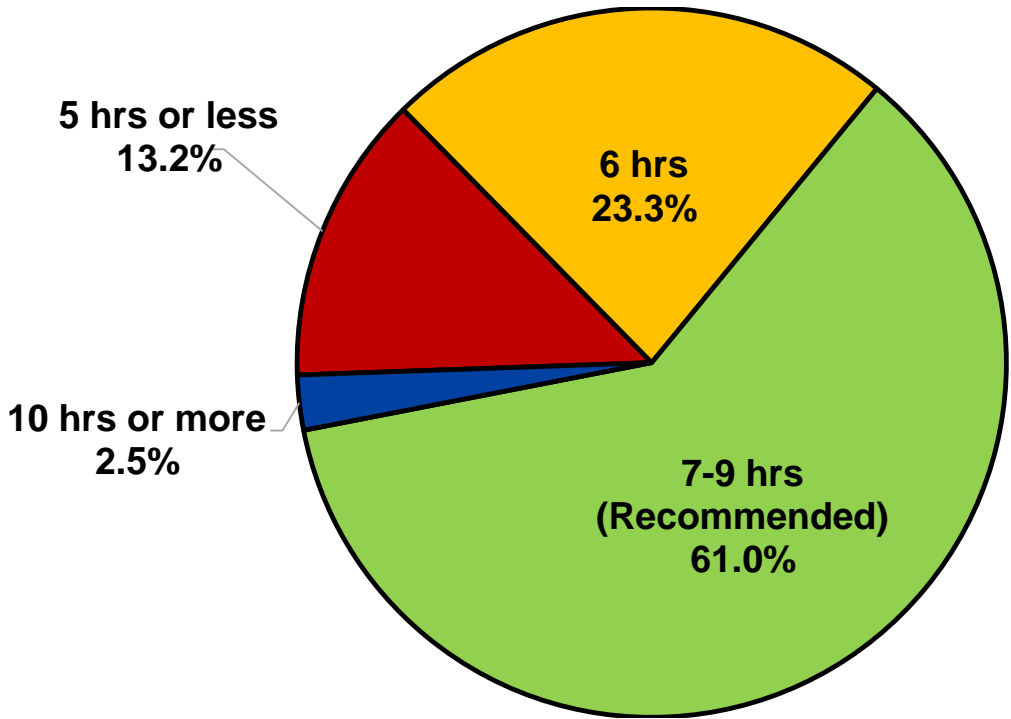
Year	Number of Respondents
2014	6,450
2015	6,206
2016	5,457
2017	5,632
2018	5,607

Data Access & Contact Information

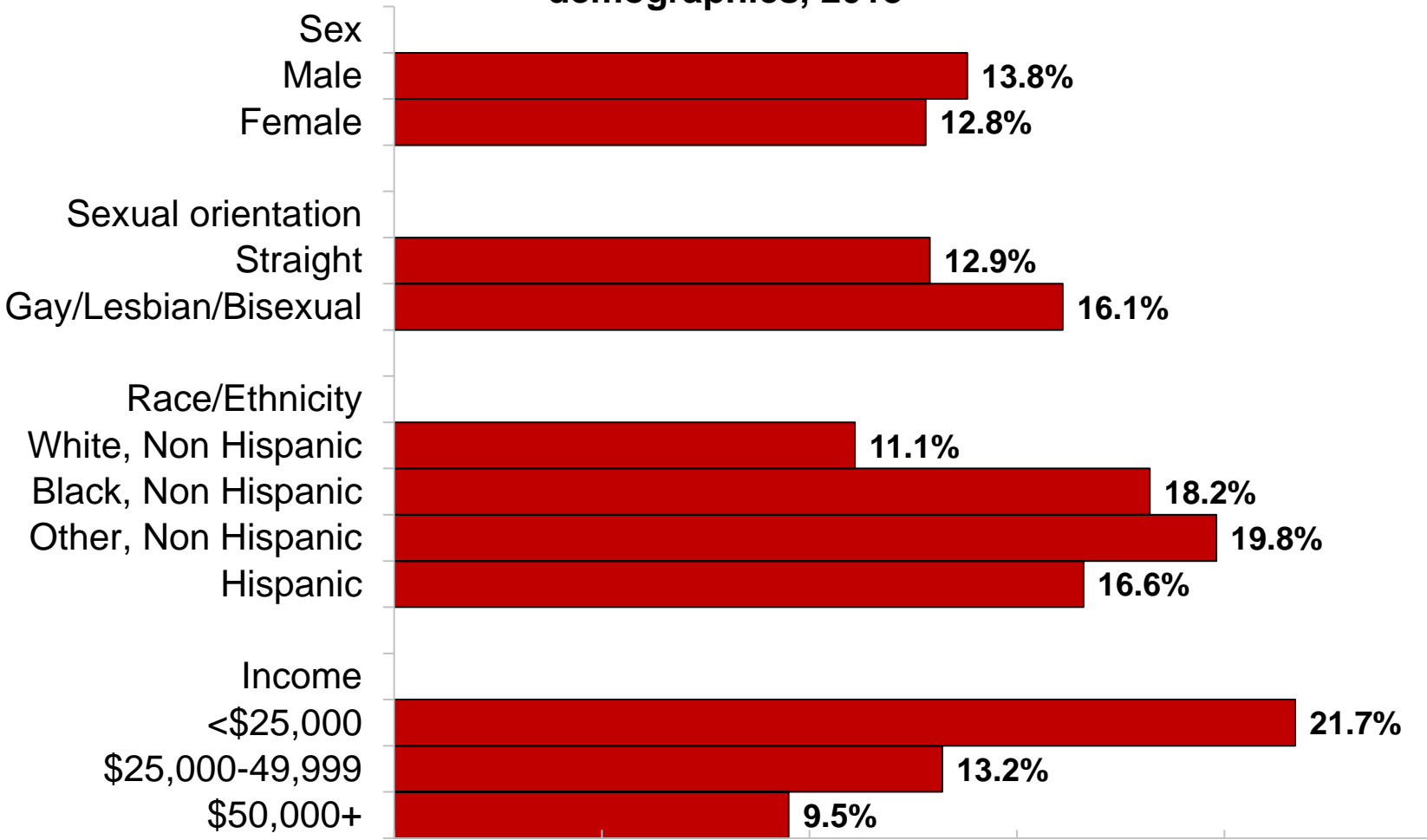
- RI BRFSS SAS datasets and documentation are maintained in the RI Department of Health, Center for Health Data and Analysis. Datasets through 2018 are available upon written request and agreement to terms of use.
- RIDOH BRFSS Data portal available on [RIDOH web](#)
- 2011-18 US and state data are accessible on CDC's BRFSS website. www.cdc.gov/brfss/
- For more information contact: Tara Cooper 401-222-7628, tara.cooper@health.ri.gov

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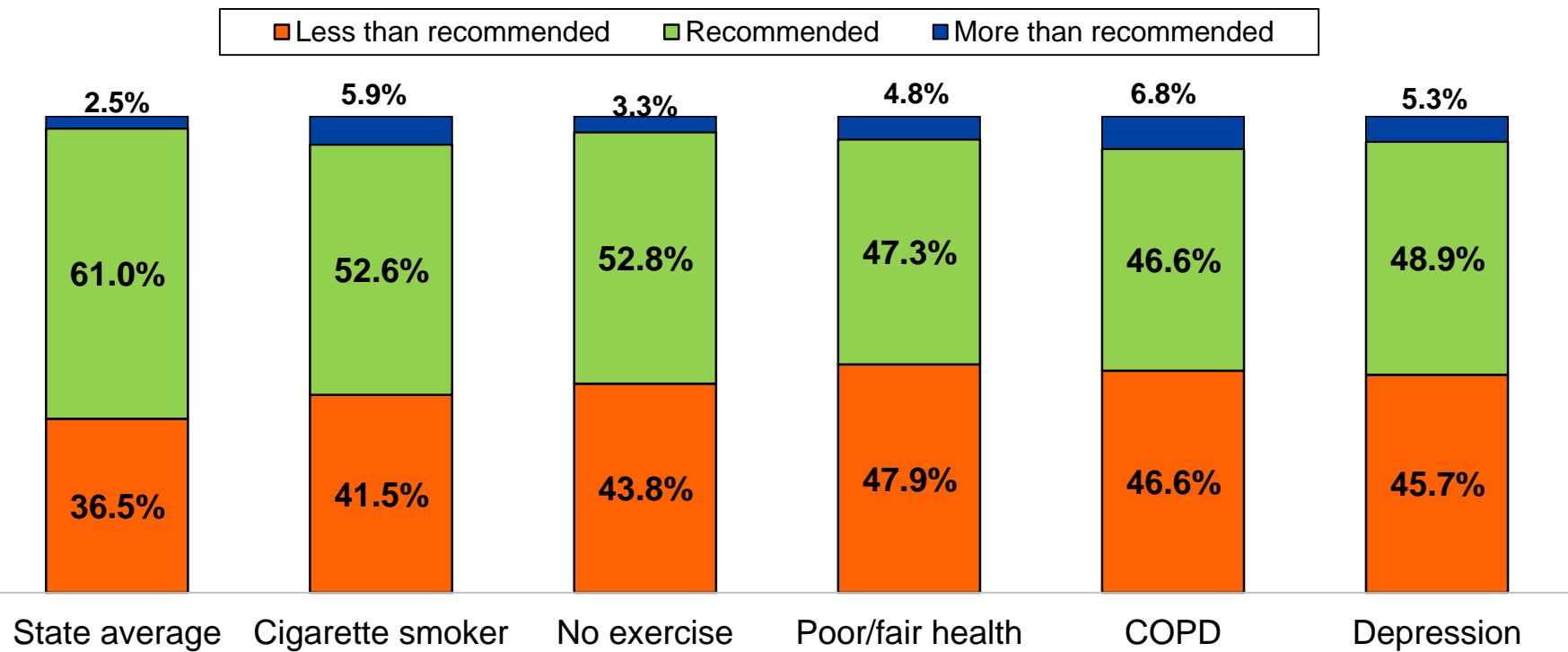
Hours of sleep per night among adults in Rhode Island



Prevalence of adults with less than 5 hours of sleep per night, by selected demographics, 2018



Average amount of sleep per night, among RI adults, by selected health issues



Sleep among RI adults

- In 2018, 61% of RI adults get the recommended 7-9 hours of sleep per night, 13% received 5 or fewer hours of sleep per night, and 3% received more sleep than recommended.
- Adults of lower household income and gay/lesbian/bisexual adults were more likely to receive 5 or fewer hours of sleep per night
- Too much and too little sleep can both be associated with health problems. Cigarette smoking, lack of exercise, poor/fair overall health, COPD, and history of depression were less likely to get the recommended 7-9 hours of sleep.

How are RI BRFSS Data used?

BRFSS DATA ARE USED BY PUBLIC HEALTH PROGRAMS, STATE AGENCIES, HEALTH ORGANIZATIONS, UNIVERSITIES, STUDENTS, AND THE MEDIA TO:

- Determine state-specific prevalence of risk factors.
- Identify demographic differences and disparities.
- Propose and garner support for health policies and legislation (e.g., *tobacco free workplaces, mandatory seatbelt use, improved health coverage*).
- Measure progress toward achieving state and national public health objectives.
- Create reports, fact sheets, publications for the public, providers, and policy makers.

Strengths & Limitations

STRENGTHS

- Standardized questionnaire and methodology
- Used and evaluated since 1984.
- Data are reliable and valid.
- Began including cell phone respondents in 2011 to be more representative.
- Timely and flexible.

LIMITATIONS

- Non-coverage bias: Excludes institutional persons and those without phone
- Subject to recall bias: self-reported data.
- Bias from non-response: Response rates average 40% each year.
- Small cell sizes may limit subpopulation analyses

Recent Publications using RI BRFSS

- Jackson TL, Cooper T. Health of caregivers in Rhode Island. Med Health RI. 2018;102 (1).
- Kulkarni M, Jackson TL, Kim H, Cooper T. Health profile of Rhode Island healthcare workers. Med Health RI. 2017;100 (12):35-38.
- Larson E, Santos B. Disparities in Secondhand Smoke Exposure among Nonsmoking Adults in Rhode Island: Tobacco Control's Pro-Equity Approach. Med Health RI. 2017;100 (5):40-42.
- Jackson TL, Cooper, T. Subjective Cognitive Decline and Associated Health Problems among Rhode Island Adults. Med Health RI. 2017 100 (3): 35-38.
- Kim H, Washburn T, Capelli D, Raymond P. Influenza Vaccination rates among Rhode Island Adults. Med Health RI. 2017; 100 (2); 45-48.